



u – news

February 2009

Welcome to our February 2009 edition of ***u - news***. We hope you have had a great break and we wish you good health and happiness in 2009.

utilize:mytime exists to make your life easier, so we give you these tips on how to enjoy the free time you do have.

The future depends on what we do in the present - Mahatma Gandhi



A few tips on ways to live longer

- Take a deep breath – calms us physically & mentally
- Eat more cereal – it's a complete meal and good for you
- Buy better shoes – buy shoes that fit you properly
- Have a laugh – we are all too serious these days
- Go for a long walk – a great exercise
- Get a good nights sleep – make it a priority
- Have a medical check up – this includes the dentist

What we've been up to lately....

Over the holiday break we have been organising trades people to clean carpets, rugs and couches and managing a number of other projects whilst clients are away having their well deserved breaks.

A large part of January and February each year is taken up in assisting a number of clients preparing for the next 12 months. To improve their time management, we go through their "to do list" and organise an action plan for each project. By doing this in the early part of the New Year, projects can be prioritised, commenced and completed in the established time frame over 2009, all under the watchful eye of utilize:mytime.

Interesting things online for ***u*** this month:-

For the girls check out: <http://www.oo.com.au>

For the guys check out: <http://www.seabreeze.com.au>

If you are looking for some helpful assistance during 2009 please call us and we would be delighted to assist you. If you would like to know more, please call Nicolle on **0407 512 585** or send us an email nicolle@utilizemytime.com.au

If there is any topic you would like us to discuss in future editions, please contact us as ***u - news*** is news for you and about giving you back the 'precious gift of time'.